BEDFORD SENIOR ACTIVITY CENTER

THE CENTER UPDATE

August 2013

Cathy Haskell, Senior Center Manager

817-952-2326

Dates To Remember

August 7 & 13 – Ice Cream Day August 14 – NARFE Meeting August 19 – Senior's & Adult Children August 26 – Understanding Medicare

Bingo Night

Special Thanks to United Healthcare representative Tracey Anderson for sponsoring our Bingo Night last month. The staff would also like to thank Peggy Barker from Emeritus at Eden Estates for donating the Bingo Set. Stay tuned for an upcoming Bingo Night.

Legion Of Honor

Congratulations to Mr. Thomas Quigley for receiving the honor of Chevalier in the Legion of Honor. This award is presented to "Persons of exceptional merit" in order to acknowledge their services rendered to France. Mr. Quigley was part of the liberation of France in WWII by allied forces. We would like to thank you for all that you have done Mr. Quigley.

Handicap Parking

Please remember to use your handicap hanger when parking in the handicap spaces. If you do not have a handicap license plate you must display your parking permit visibly.

Ice Cream Wednesday

Come beat the heat with us on Wednesday August 7th & Tuesday August 13th at 11am by enjoying a cold scoop of Blue Bell ice cream.

Monday Night Dance

Join us every Monday night for a fun filled evening of live music, dancing and refreshments. Dances are held from 7pm – 9:30pm and prices are \$5 per person.

Flu Shots

This year Walgreens Pharmacy will be giving flu shots at the Senior Center on September 10th. Shots will be free for individuals with part B or D Medicare coverage. Flu shots will be given from 9am – 12pm. For more information or questions please call 817-952-2326.

Understanding Medicare

Physicians Mutual will be providing a short seminar on how to enroll in Medicare, what it covers & how to control your out-of-pocket costs. Light refreshments will be provided. This seminar will be held on August the 26th from 11am-12pm. Please register at the front desk or by calling 817-952-2320.

Seniors & Their Adult Children

Ashwood Assisted Living will be hosting a seminar on Conversations with seniors and their adult children. The seminar will be held at the Bedford Senior Center on August 19th at 9:00am. The seminar will cover how to address driving safety, planning for the future, and managing health and home. Please register at the front desk or by calling 817-952-2320.

MONDAY	TUESDAY	WEDNESDAY	
8am-5pm – Ceramics 8am-noon – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Gary Lee	8am-5pm – Ceramics 8am – Pool, Quilting, "84" 9am – Exercise 9am – Needlecraft 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics & Pool 8:30-10:30am – Blood Pressure 9am-1pm – China Painting 9am – Exercise 11am-1pm – Ice Cream Day 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar	
8am-5pm – Ceramics 8am-noon – Pool 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Bill G Band "Luau"	8am-5pm – Ceramics 8am – Pool, Quilting, "84" 9am – Exercise 9am – Needlecraft 10am – Party Bridge, Pinochle 11am-1pm – Ice Cream Day 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics & Pool 9am-1pm – China Painting 10am – NARFE 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar	
8am-5pm – Ceramics 8am-noon – Pool 9am – Seniors & Adult Children 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Blue Diamond Trio	8am-5pm – Ceramics 8am – Pool, Quilting, "84" 9am – Exercise 9am – Needlecraft 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics & Pool 9am-1pm – China Painting 9am – Exercise 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar	
8am-5pm – Ceramics 8am-noon – Pool 11am-noon – Understanding Medicare 1pm – Dominoes 1-2:30 pm – Beg. Line Dance 2:30pm – Tai Chi 7pm – Dance – Russ Dorsey	8am-5pm – Ceramics 8am – Pool, Quilting, "84" 9am – Exercise 9am – Needlecraft 10am – Party Bridge, Pinochle, 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics & Pool 9am-1pm – China Painting 9am – Exercise 1pm – Dominoes 1-2pm – Int. Line Dance 2-3pm – Adv. Line Dance 2pm – Guitar	

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8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics 8am – "84" 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar	2	Cathy Haskell, Manager 817-952-2329 Jared Blake: 817-952-2320 Betty Youngman: 817-952-2325 Dale Dawson: 817-952-2328
8 8am-5pm – Ceramics 8am – Pool, Quilting 9am – Exercise 10am – Party Bridge, Pinochle 12:30pm – Duplicate Bridge 1pm – Dominoes	8am-5pm – Ceramics 8am – "84" 9am – All Media Painting 12pm – Tai Chi 1pm – Dominoes 1:30pm – Guitar	9	Dances August 5 Gary Lee
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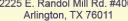
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Speech Therapy

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